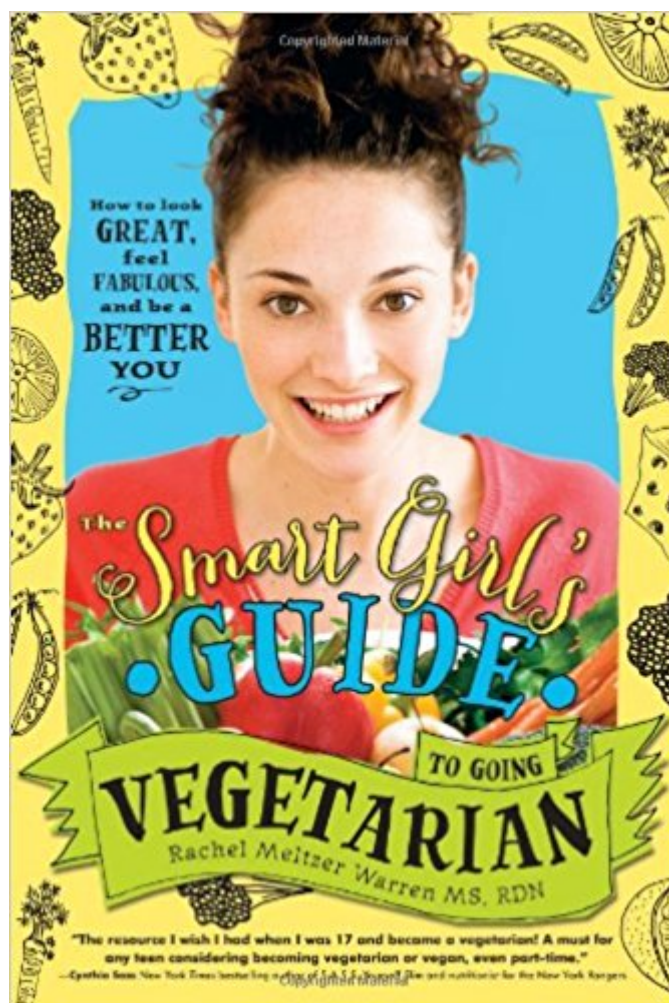


The book was found

The Smart Girl's Guide To Going Vegetarian: How To Look Great, Feel Fabulous, And Be A Better You



Synopsis

What would you love. Love what you eat. No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you. Get the Scoop On:

- Daily meal ideas and easy recipes even your non-veggie friends will want to try
- How to convince your family this isn't just a fad or a phase
- Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots
- Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and pasta)
- Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

Book Information

Lexile Measure: 1260L (What's this?)

Paperback: 240 pages

Publisher: Sourcebooks Fire (January 7, 2014)

Language: English

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Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 27 customer reviews

Best Sellers Rank: #164,544 in Books (See Top 100 in Books) #15 in [Books > Teens > Personal Health > Diet & Nutrition](#) #17 in [Books > Teens > Hobbies & Games > Cooking](#) #108 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 12 - 17 years

Grade Level: 6 - 12

Customer Reviews

Gr 9 Up "With a friendly tone and a ton of nutritional information, this guide will be easy for teenagers to digest. Warren's explanations of the various ways to go veg is neither preachy nor threatening. In fact, she encourages readers who are considering changing their diet to begin by participating in Meatless Mondays. Chapters include information on nutrients that are crucial to a

healthy diet and what foods they can be found in for all types of diets (vegan, lacto-ovo, pescetarian). The book also includes types of restaurants with vegetarian-friendly options and an explanation of how to use the choosemyplate.gov resource to practice planning a healthy meal when cooking at home. As in most cookbooks, some of the recipes call for obscure ingredients. The best parts of this title include the author's philosophy that every person has the right to eat according to her own personal values, a section debunking myths about going vegetarian, and what a young adult should say to her parents if they are questioning her dietary choices. Unfortunately, this great resource will not be picked up by teenage boys simply because of the title.â”Lindsay Klemas, JM Rapport School for Career Development, Bronx, NY

A vegetarian herself since age 12, Warren knows the questions that teen girls ask and the arguments their parents raise when kids want to experience vegetarianism or veganism. Here, she offers sound advice for girls who are considering being or have chosen to go vegetarian or vegan and for those who waver about where they stand on the topic. She emphasizes the importance of balanced nutrition and takes girls through ways to include each nutritional element, vitamin, or mineral in their meal plan. Among the questions she addresses: How does a teen girl make wise choices in a school cafeteria? Or should one pack a lunch? When eating out, how can one make sure that no meat is lurking in what appears to be meat-free? She includes tips for finding restaurants when traveling; quality vegetarian organizations and related websites; and simple-to-make, appealing Â-veggie recipes. The catchy, accessible text is broken up by generous topic headings and questions. Overall, a sound guide for any teenager, really, and her or his parents. Grades 8-12. --J. B. Petty

Gift for family member who has decided to try "Going Vegetarian". Is enjoying the book, recipes. Her Mom feels it's an excellent book.

Very useful information and tips

I really like how this book is written. I bought it for my teen-aged daughter and she finds it informative and enjoys it a lot. She is still deciding on whether or not the vegetarian lifestyle is for her, and this book seemed to have a lot of information for her.

I appreciated the manner in which the information was presented. It was easy to read, easy to

understand. I like that options were given to make meals as veg or vegan as you wanted. There were a lot of yummy recipes which made cooking healthier meals that were delicious easier.

Product has been helpful to my young teen who wants to be a vegetarian.

I purchased this for my great niece who is 15 and has decided to eat a more healthier menu.

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great recipes

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